

Bran Banana Muffin¹²

Number of Servings: 12 (53.18 g per serving)

Amount	Measure	Ingredient
1.00	cup	Cereal, All-Bran
1.00	ea	Banana, fresh, med, 7" to 7 7/8" long
1.00	ea	Eggs, whole, raw, lrg
3/4	cup	Milk, 1%, w/add vit A & D
1/4	cup	Shortening, all purpose, part hydrog soy & cttnsd oil, USDA
1.00	cup	Flour, all purpose, white, bleached, enrich
2.00	tsp	Baking Powder, double acting
1/2	tsp	Salt, table, iodized
1/4	cup	Sugar

Nutrients per serving

Nutrition Facts	
Serving Size (53g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 1.5g	
Cholesterol 20mg	7%
Sodium 220mg	9%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 3g	
Vitamin A 2%	Vitamin C 4%
Calcium 6%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

* may use brown sugar instead of granulated sugar

Serving size: 1 muffin= 1CS

Combine All-Bran and milk. Let stand until all moisture is absorbed.

Add eggs, banana (sliced or mashed) and shortening. Beat well.

Mix dry ingredients. Add to first mixture, mixing only until combined.

Divide batter into # of muffin cups for the yield of the recipe (~2/3 full).

Bake at 375 F for 18-25 minutes or until a toothpick inserted in the center comes out clean.

1 muffin = 1 CS